

## PATENT ABSTRACTS OF JAPAN

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### (54) CREATINE VEVERAGE AND ITS PRODUCTION

(57)Abstract:

PURPOSE: To obtain a healthy or nutritive drink agent containing creatine as a main ingredient and not losing the potency during a storage period, and to provide a method for producing the drink agent at a low cost.

CONSTITUTION: The creatine beverage is produced by heating water controlled to a weak alkaline property. supplying 1-3g of creatine crystal powder into 100 cc of the heated water under stirring to dissolve the creatine, mixing the obtained creatine aqueous solution with a nutritive or seasoning additive, and subsequently sterilizing the mixture. And the method for producing the creatine beverage.